

MAYOR: KEVIN CORCORAN

PARKS & RECREATION DIRECTOR: KEVIN M. FOUGEROUSSE

North Ridgeville Parks & Recreation

2022 SPRING-SUMMER PROGRAM GUIDE



Registration
BEGINS
April 11



SCAN QR CODE

USE YOUR SMART PHONE TO ACCESS OUR ONLINE
PROGRAM GUIDE AND WEBSITE TO REGISTER.

Message from Mayor Kevin Corcoran...



Dear Residents,

With warmer temperatures on the way and sunshine on the horizon, I know I'm looking forward to getting outside and enjoying our parks and all of the activities that are planned for this year! Our Parks & Recreation Department staff work extremely hard to offer programming and activities for all ages. If you have a suggestion, please call their office at (440) 353-0860.

We have a number of capital improvement projects slated for this year with several of them already underway. I've highlighted just a few of them below:

- Case Road bridge replacement over Chappell Creek by the Lorain County Engineer's Office. Construction began in March and will be completed by the end of July. Case Road will close at the bridge for the duration of this project.
- Lorain Road water main extension project began in March and last approximately four months. The project area is from a point east of Lear Nagle Road to a point west of Bliss Parkway.
- Mills Creek North Condos water main replacement on White Pine Way, Spruce Pine Way, Red Pine Way and Scotch Pine Way. Construction is tentatively scheduled to begin in the spring and last approximately four months.
- Center Ridge Road resurfacing project from Elyria to Westlake with the exception of the 2.1-mile section that was recently widened. The City will be working with the Ohio Department of Transportation through the Urban Paving Program with construction to begin after June 1 and last approximately three months.
- Construction of a roundabout at Mills Road, Stoney Ridge Road and Avalon Drive to include new pavement, curb and gutters, traffic control and landscaping. Construction to begin at end of summer and last for approximately three months.

Visit the city's website at www.nridgeville.org for a complete listing and for project updates.

Please join me at one of my upcoming monthly Coffee and Conversation in Council Chambers at City Hall from 8:30-9:30 AM on the following dates: Thursday, April 21; Friday, May 20; Monday, June 20; Tuesday, July 19; and, Wednesday, August 24. This provides you with an opportunity to hear first-hand about current and upcoming projects and to ask any questions you may have. I hope to see you soon over coffee, at our parks or at one of the events!

Sincerely,

Mayor Kevin Corcoran

Parks & Recreation Staff

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Office Information

North Ridgeville Parks & Recreation
7327 Avon Belden Road
North Ridgeville, Ohio 44039

Phone: (440) 353-0860

Fax: (440) 353-0845

Weather
Hotline: (440) 210-6226

Website: www.nridgeville.org/parksandrec

Office: 8:00AM-4:30PM Monday-Friday
Hours: Closed Saturdays & Sundays

Refund Policy

View the NRPRD Refund Policy at www.nridgeville.org/parksandrec. Click on policy tab to view the department's policy.

Photo Policy

The North Ridgeville Parks & Recreation Department reserves the right to take photos of participants enrolled in programs or those attending a Parks & Recreation event. These photos are to be used strictly by the Parks & Recreation Department for the purpose of advertising in future program guides, catalogs, pamphlets, flyers and on the department website. Organizations, including media relations, must have permission from the Parks & Recreation Director or Recreation Supervisor prior to taking photographs.

Program Cancellation

The North Ridgeville Parks & Recreation Department reserves the right to cancel any activity, program or event based on insufficient registrations, supervision or facilities. All activities, programs or events will either be rescheduled or fees refunded.

All classes require a minimum number of participants in order to be conducted. If the class minimum is not met by the deadline date, the activity is cancelled.

Please register at least **5 days** prior to the beginning of the activity.

How To Register

Online

Visit www.nridgeville.org/parksandrec. Login or create your account to register.

By Mail

Mail in a completed registration form with payment to:

North Ridgeville Parks & Recreation Department
7307 Avon Belden Road
North Ridgeville, Ohio 44039

In-Person

Drop off completed registration form with payment at the Parks & Recreation Department Monday-Friday between 8:00AM-4:30PM.

Drop Box

Can't make it during the hours of operation? Place your registration form and check payment (**NO CASH**) in an envelope and place in our secure drop box on our office door, 24 / 7. Make checks payable to NR PARKS & REC.

Rainout Line

Download the free app and signup to receive text alerts regarding field status and program cancellations through Rainout Line.

Don't want to sign up for text alerts but still want to be in the know? Call (440) 210-6226 for field status & program cancellations.

Tot Programs

Junior Pony Camp with Pony Tale Farms

You will play games, sing with a cowboy, groom, play with the ponies and then ride them. Participants must wear long pants, flat shoes and a helmet. There is a 115 lb. weight limit. For more info call Lorraine Schaffner at (440) 891-9992.

Instructor: Pony Tale Farms Staff

Ages: 2-6 year olds

Class Size: 04 minimum / 06 maximum

Fee: \$45 Resident / \$50 Non-Resident

Location: Pony Tale Farms 13360 Cowley Columbia St.

Session	Day	Date	Time
Ses I	TUES	05.03 & 05.10	4:00-4:45PM
Ses II	WED	06.15 & 06.22	4:00-4:45PM
Ses III	THUR	07.07 & 07.14	10:15-11:00AM
Ses IV	THUR	08.04 & 08.11	4:00-4:45PM

Preschool Interactive Irish Dance Class

Story time, games, dolls and more are incorporated in class to provide an interactive fun experience for children as they learn Irish Dance. The class teaches proper technique for Traditional Irish Dances. In addition, dancers will learn coordination, poise, movement and rhythm with emphasis on the basic style and characteristics which make Irish Dance a unique art form. Irish Dance is full of energy with jumps, kicks and skips. This dance style uses rapid footwork with crossed feet keeping to the rhythm of Irish music. Dancers will benefit from the many wonderful health benefits of Irish Dance.

Instructor: Peggy Cannon

Ages: 3-5 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$45 Resident / \$55 Non-Resident

Location: Safetyville Building 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	TUES	05.03-05.24	4:30-5:15PM
Ses II	TUES	05.31-06.21	4:30-5:15PM
Ses III	TUES	07.12-08.02	4:30-5:15PM
Ses IV	TUES	09.20-10.11	4:30-5:15PM

Jungle Safari Dance Camp With Dance To EvOLve

Lions and Tigers and Bears...OH MY! Embark on an adventure by dancing your way through the jungle in this dance camp. Your camper will stomp like an elephant to the beat, leap like a leopard to the lyrics, and run in the sun, filled with fun, like the wild animals of the safari. With animal crafts and songs and wildly fun activities, your camper will be soaring the safari. Family and friends are invited to the jungle for the Friday show.

Instructor: Dance To EvOLve

Ages: 4-8 year olds

Class Size: 06 minimum / 12 maximum

Fee: \$155 Resident / \$165 Non-Resident

\$10 discount for siblings

Location: Shady Drive Batting Cage 37077 Shady Dr.

Day	Date	Time
M-FRI	07.25-07.29	9:00AM-NOON

Hummingbirds Soccer Presented By: Jump Start Sports

Children will have fun while learning the basics of soccer, dribbling, passing, trapping, shooting and positioning. Each session consists of instruction in each aspect of the game, participation in fun drills that are designed to teach skills in a low-key, non-competitive game. All participants will receive a team shirt and a participation medal.

Instructor: Jump Start Sports Staff

Ages: 3-4 & 5-6 year olds

Fee: \$90 Resident / Non-Resident

Registration taken only at www.jumpstartsports.com

Location: Shady Drive Football Fld. 37077 Shady Dr.

Day	Date	Time	Age
THUR	06.16-07.21	5:30-6:30PM	3-4
THUR	06.16-07.21	6:30-7:30PM	5-6

Safetyville

The North Ridgeville Police Department is sponsoring its annual Safetyville program. The program provides an educational setting in which children are exposed to various safety topics with regard to traffic, school bus, stranger danger, 911, fire safety, and more. The children receive their lessons inside an enclosed classroom and practice these lessons outside within a realistic miniature village. Each session is one week. The Safetyville program is for kids entering kindergarten in the fall of 2022, but **is not** a prerequisite for kindergarten. For more information contact Somer Oliva at (440) 353-0799.

Instructor: North Ridgeville Police Department

Ages: Boys/Girls entering Kindergarten in fall 2022

Class Size: 04 minimum / 36 maximum

Fee: \$30 Resident / \$35 Non-Resident

Location: Safetyville Building 35753 Bainbridge Rd

Session	Day	Date	Time
Ses I	M-FRI	06.06-06.10	8:00-9:30AM
Ses II	M-FRI	06.06-06.10	9:45-11:15AM
Ses III	M-FRI	06.06-06.10	11:30AM-1:00PM
Ses IV	M-FRI	06.06-06.10	1:15-2:45PM
Ses V	M-FRI	06.13-06.17	8:00-9:30AM
Ses VI	M-FRI	06.13-06.17	9:45-11:15AM
Ses VII	M-FRI	06.13-06.17	11:30AM-1:00PM
Ses VIII	M-FRI	06.13-06.17	1:15-2:45PM

Youth Programs

Pony Camp with Pony Tale Farms

Children will learn introductory riding skills, safety issues and general pony care. Participants must wear long pants, flat shoes and helmet. There is a 125lb. weight limit. For more info call Lorraine Schaffner at (440) 891-9992.

Instructor: Pony Tale Farms Staff

Ages: 7-12 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$100 Resident / \$110 Non-Resident

Location: Pony Tale Farms 13360 Cowley Columbia St

Session	Day	Date	Time
Ses I	TUES	05.03-05.24	5:00-6:00PM
Ses II	WED	06.01-06.22	5:00-6:00PM
Ses III	THUR	07.07-07.28	11:30AM-12:30PM
Ses IV	THUR	08.04-08.25	5:00-6:00PM

Beginning Art

Kids will begin to develop a love for art! We will start to learn different techniques and explore different mediums. Each week the children will create a unique piece of art, all of which will be displayed during an art show on the last day. Please wear clothes that can get dirty.

Instructor: Amanda Hamilton

Ages: 3-10 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$45 Resident / \$55 Non-Resident

Location: Community Cabin 35717 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	04.30-05.21	11:00AM-NOON
Ses II	SAT	05.28-06.18	11:00AM-NOON
Ses III	SAT	06.25-07.16	11:00AM-NOON
Ses IV	SAT	07.23-08.20	11:00AM-NOON

No class 08.13.2022

Magic School with The Magic Man

Learn the basics and fundamentals of magic with Keith Heidenreich, The Magic Man! This small group approach of instruction will allow you to be on your way to magical fame.

Instructor: Keith Heidenreich, The Magic Man

Ages: 6-12 year olds

Class Size: 04 minimum / 15 maximum

Fee: \$35 Resident / \$45 Non-Resident

Location: Community Cabin 35717 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	05.07-05.28	9:00-10:00AM
Ses II	SAT	06.04-06.25	9:00-10:00AM
Ses III	SAT	07.09-07.30	9:00-10:00AM
Ses IV	SAT	08.06-09.03	9:00-10:00AM

No class 08.13.2022

Kids Irish Dance

The class teaches proper technique for Traditional Irish Dances. In addition, dancers will learn coordination, poise, movement and rhythm with emphasis on the basic style and characteristics which make Irish Dance a unique art form. Irish Dance is full of energy with jumps, kicks and skips. This dance style uses rapid footwork with crossed feet keeping to the rhythm of Irish music. Age-appropriate activities are included to engage the dancers. Dancers will benefit from the many wonderful health benefits of Irish Dance.

Instructor: Peggy Cannon

Ages: 6-12 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$45 Resident / \$55 Non-Resident

Location: Safetyville Building 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	05.07-05.28	1:00-1:45PM
Ses II	SAT	06.04-06.25	1:00-1:45PM
Ses III	SAT	07.02-07.23	1:00-1:45PM
Ses IV	SAT	09.24-10.15	1:00-1:45PM

Advanced Fencing

The art of swordsmanship has been practiced for centuries. First, it was to train for deadly combat—the duel. Now, it is fun and safe for boys and girls, men and women. Join instructor Tom Nagy and the On Target Fencing Team as they teach you Foil and Epee in an advanced setting. For more info contact Tom Nagy at (440) 327-0808 or www.ontargetfencing.com.

Instructor: Tom Nagy

Ages: 8 and Up

Class Size: 04 minimum / 14 maximum

Fee: \$85 Resident / \$95 Non-Resident (equipment incl.)

Locations:

THUR: Shady Dr. Batting Cage 37077 Shady Dr.

SAT: NR Senior Center 7327 Avon Belden Rd.

Session	Day	Date	Time
Ses I	TH/SAT	05.05-05.28	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)
Ses II	TH/SAT	06.02-06.30	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)
Ses III	TH/SAT	07.02-07.30	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)
Ses IV	TH/SAT	08.04-08.27	8:00-9:30PM (TH) 9:00AM-12:30PM (SAT)

Outdoor Nerf™ Battle

Get ready for a competitive, action-packed afternoon in the first ever Outdoor Nerf™ Battle! Age groups will be split into two teams and will play three games. Games include Capture the Flag, Team Battle Royale and Group Choice. Safety goggles will be provided if child does not have any. You must bring your own Nerf™ gun, bullets will be provided by the Parks and Recreation Department. For rules and information, please check out the “forms” tab with Nerf™ Battle Rules on our website. Parents can join in the last half hour of each age group. In case of inclement weather we will move indoors.

Ages: 6-12 year olds

Class Size: 08 minimum / 36 maximum

Fee: \$30 Resident / \$40 Non-Resident

Location: SCP Basketball Ctr. 7565 Avon Belden Rd.

Day	Date	Time	Ages
SUN	08.14	2:00-3:30PM	6-8
SUN	08.14	3:45-5:15PM	9-12

Perfectly Polite Dining Etiquette

How to set a table from start to finish, American Style of Dining, Continental Style of Dining, Posture, Proper Introductions, How To Sit Still, Dining Conversations, Thank You Notes and so much more. Fee includes lunch.

Instructors: Kim Franz

Ages: 8-15 year olds

Class Size: 04 minimum / 10 maximum

Fee: \$45 Resident / \$55 Non-Resident

Location: Burntwood Tavern 5600 Great Northern Blvd.

Day	Date	Time
SAT	09.24	11:00AM-1:00PM

Family & Friends® CPR

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. **Cost covers booklet for you to keep. A CPR certificate is not given upon completion of this class.**

Instructor: North Ridgeville Fire Department

Ages: 8 years old & up

Class Size: 04 minimum / 10 maximum

Fee: \$3 Resident / \$5 Non-Resident

Location: NR Fire Station 1 7000 Ranger Way

Day	Date	Time
SAT	08.27	9:00-11:00AM

American Heart Association CPR/Basic Life Support (BLS) Certification

This class is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and pre-hospital settings. Participants will learn high-quality CPR for adults, children, and infants, AHA Chain of Survival (BLS components), important early use of an AED.

Effective ventilations using a barrier device, importance of teams in multi-rescuer resuscitation and performance as an effective, team member during multi-rescuer CPR, and relief of foreign-body airway obstruction (choking) for adults and infants. CPR certificate will be received upon completion of this course. **Cost covers CPR certificate and materials.**

Instructor: North Ridgeville Fire Department

Ages: 11 year olds & up

Class Size: 04 minimum / 10 maximum

Fee: \$10 Resident / \$15 Non-Resident

Location: NR Fire Station 1 7000 Ranger Way

Session	Day	Date	Time
Ses I	SAT	05.21	9:00AM-1:00PM
Ses II	SAT	06.04	9:00AM-1:00PM
Ses III	SAT	08.06	9:00AM-1:00PM
Ses IV	SAT	09.03	9:00AM-1:00PM



Summer Adventure Camp

Summer break is just around the corner and you don't have a babysitter. What are you going to do? North Ridgeville Summer Adventure Camp is the perfect place for your child. Camp will provide your child with opportunities to make new friends, play games, make art projects, and enjoy a small snack. Emergency medical forms must be completed and turned in prior. Be sure to pack a non-perishable lunch and drink, bring a bathing suit, towel, sunscreen, and tennis shoes each day! We will be going on a field trip each week and have special guests throughout the summer.

A parent packet with details can be found online under the “forms” tab with details. A calendar of activities will be provided in the parent packet.

Ages: Entering 1-6 grade in fall of 2022

Class Size: 10 minimum / 30 maximum

Fee:

1st Child Weekly: \$150 Res / \$160 Non-Res

2nd Child Weekly: \$140 Res / \$150 Non-Res

3rd Child or More Weekly: \$130 Res / \$140 Non-Res

Fee is per registrant / per session

Week	Day	Date	Time
WK 1	M-FRI	06.06-06.10	7:30AM-5:30PM
WK 2	M-FRI	06.13-06.17	7:30AM-5:30PM
WK 3	M-FRI	06.20-06.24	7:30AM-5:30PM
WK 4	M-FRI	06.27-07.01	7:30AM-5:30PM
WK 5	T-FRI	07.05-07.08	7:30AM-5:30PM
No camp on 07.04.22, \$20 discount this week only			
WK 6	M-FRI	07.11-07.15	7:30AM-5:30PM
WK 7	M-FRI	07.18-07.22	7:30AM-5:30PM
WK 8	M-FRI	07.25-07.29	7:30AM-5:30PM
WK9	M-FRI	08.01-08.05	7:30AM-5:30PM
WK10	M-FRI	08.08-08.12	7:30AM-5:30PM

The Money Game®

It is a financial education game where the kids are the pieces of the game. If you're looking for a unique, action-packed, information-rich, imagination-igniting financial education program to provide your group then look no further. Imagine the moment that the world of money was simply a game and that all you had to do to win the game was to learn the rules of that game. Well, guess what. Money really is just a game and if we learn the simple, time-tested rules that the wealthy people use to get and stay wealthy, we can be wealthy too. By attending The Money Game®, students learn about paychecks, federal, state, and local taxes, Social Security, Medicare/Medicaid, everyday expenses, bills-utilities, rent, car insurance, credit cards, financial cost of life events, recording and keeping track of your money, assets, and liabilities.

The Money Game® provides an opportunity for participants to learn how to make, manage, and multiply their money wisely, so they can grow up financially free.

Instructor: Kim Franz

Ages: 8-15 years old

Class Size: 04 minimum / 10 maximum

Fee: \$30 Resident / \$40 Non-Resident

Location: Community Cabin 35717 Bainbridge Rd.

Day	Date	Time
SAT	09.24	2:00-4:00PM

Youth Sports

K-2ND Grade Junior Browns Flag Football

In Partnership with NFL Flag

Our flag football league partners with the Cleveland Browns and NFL Flag. All teams will receive an official NFL team-branded jersey and flag belts. Teams will compete against each other at Shady Drive Sports Complex. Teams practice during the week with games being played on Saturdays. **Sign up online or in-person before July 1 to receive our early bird rate. After July 1 the program fee increases by \$10.**

Ages: Boys/Girls Entering Kindergarten-2nd Grade

Date: August-October

Fee: \$90 Resident / \$100 Non-Resident

Location: Shady Drive Complex 37077 Shady Dr.

3RD & 4TH Grade Junior Browns Flag Football

In Partnership with NFL Flag

This flag football league will partner with the Cleveland Browns and NFL Flag. All teams will receive an official NFL team-branded jersey and flag belts. Teams will compete in the Little Southwest Conference. Games are played on Saturdays with practices being held during the week. **Sign up online or in-person before July 1 to receive our early bird rate. After July 1 the program fee increases by \$10.**

Ages: Boys/Girls Entering 3rd & 4th Grade

Date: August-October

Fee: \$90 Resident / \$100 Non-Resident

Location: Shady Drive Complex 37077 Shady Dr.

9TH-12TH Grade Flag Football

The 9th-12th Flag Football Program is intramural based. No coaches, students are captains of their team. Teams will compete in a local league with North Olmsted Parks and Recreation. There will be no practices. Games are played on Sunday mornings starting in August. **Sign up online or in-person before July 1 to receive our early bird rate. After July 1 the program fee increases by \$10.**

Ages: Boys/Girls Entering 9th-12th Grade

Date: August-October

Fee: \$60 Resident / \$70 Non-Resident

Location: Shady Drive Complex 37077 Shady Dr.

Junior Ranger Tackle Football

The program is designed to teach the fundamentals of football while participating in the Little Southwest Conference. Games are played on Saturdays with practices being held during the week. Rookie Tackle for 3rd & 4th Graders is 7 v 7 with the 5th & 6th Grade program being 11 v 11. **Sign up online or in person before July 1 to receive our early bird rate. After July 1 the program fee increases by \$10.**

Ages: Boys /Girls entering 3 & 4 / 5 & 6 grades

Date: August-October

Fee: \$155 Resident / \$165 Non-Resident

Location: Shady Drive Complex 37077 Shady Dr.

Youth Tennis With Force Fitness

Are you looking for a new sports experience for your child? Then how about a professionally run introduction to a sport of a life time? Eric Hodge has been a certified USPTR Professional and the Head Tennis Pro at Force Sports Rocky River for the past 8 years. As a graduate and resident of North Ridgeville he is looking forward to working with the youth of the community. All participants should bring water, sunscreen, and a racquet.

Instructor: Eric Hodge, USPTR Professional

Ages: 4-6 / 7-9 / 10-14 year olds

Class Size: 04 minimum / 10 maximum

Fee:

Ages 4-6: \$35 Resident / \$45 Non-Resident

Ages 7-14: \$65 Resident / \$75 Non-Resident

Location: South Central Park 7565 Avon Belden Rd

Session	Day	Date	Time	Age
Ses I	M/W	06.06-06.22	9:00-9:30AM	4-6
			9:30-10:30AM	7-9
			10:30-11:30AM	10-14
Ses II	M/W	06.27-07.18	9:00-9:30AM	4-6
			9:30-10:30AM	7-9
			10:30-11:30AM	10-14

No class 07.04.2022

Esports

Presented by: GG Leagues

This Esports League will be in partnership with GG Leagues and will give online gamers the chance to compete in state-wide competitions. Participants will be able to compete with systems they already have in place at home. The season will consist of 6 weeks of game play with tournament play at the end. Titles offered this season will be Madden, Rocket League, Fortnite, and Super Smash Bros. Sign up online at www.ggleagues.com and search for North Ridgeville under Clubs.

Ages: 8 and UP

Fee: \$40 Resident/Non-Resident

Registration taken only at www.ggleagues.com

Season	Registration Starts	Registration Ends
Spring	01.31	04.13
Summer	04.25	07.06
Fall	08.01	09.28

Adult Sports

Men's Basketball League

Looking to stay active this summer? Register today for our 5 v. 5 men's basketball open recreation league. Teams will play an 8 game regular season, followed by a single elimination tournament. League & tournament champions will receive awards. Team uniforms required for game play.

Ages: 18 and Up

Fee: \$275 per team

\$30 per team, per game official fee paid onsite

Location: NR Academic Center 34620 Bainbridge Rd.

Day	Date	Time
MON	06.06-08.22	5:30-8:30PM

Fitness

All Levels Yoga

Our class, beginners to experienced students will do poses focusing on alignment, focus-point and breath. The class is a low-to-medium paced flow of movement. You will receive personalized instruction in this 6-week course that shows the fundamentals of yoga. You will explore classic yoga poses, learn healthy body alignment, experiment with modifications and props, and become comfortable with the nature of yoga.

Instructor: Danielle Smith

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Resident / \$60 Non-Resident

Location: Safetyville Building 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	THUR	05.05-06.09	7:30-8:30PM
Ses II	THUR	06.16-07.21	7:30-8:30PM
Ses III	THUR	07.28-09.08	7:30-8:30PM

No class 08.11.2022

Beginner Bootcamp

This energetic 50-minute boot camp style class is designed to provide a lower intensity boot camp as the instructor gets your heart pumping! This class focuses on basic cardio and strength exercises using body weight and weights. Each class will be different but you are always guaranteed a great workout. This class is perfect for beginner and intermediate fitness levels.

Instructor: Jessica Beckett

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Resident / \$60 Non-Resident

Location: Safetyville Building 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	THUR	05.05-06.09	6:15-7:15PM
Ses II	THUR	06.16-07.21	6:15-7:15PM
Ses III	THUR	07.28-09.08	6:15-7:15PM

No class on 08.11.2022

Ses IV	MON	09.12-10.17	6:15-7:15PM
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Chair/Gentle Yoga Fusion

This class allows you to perform postures and breathing exercises with the aid of a chair and gentle yoga poses. You can experience the many benefits of yoga without having to get up or down from the floor. Benefits of this class include increased balance, strength, flexibility, range of motion, and stress reduction.

Instructor: Heather Gillespie

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Resident / \$60 Non-Resident

Location: NR Senior Center 7327 Avon Belden Rd.

Session	Day	Date	Time
Ses I	FRI	04.29-06.03	9:00-10:00AM
Ses II	FRI	06.10-07.15	9:00-10:00AM
Ses III	FRI	07.22-09.02	9:00-10:00AM

No class on 08.12.2022

Full Moon Yoga

Join us for a peaceful 90 minute yoga experience during the full moon. This program will be a mix of gentle and restorative yoga that includes poses on the ground, hands & knees and standing. This experience is appropriate for all ability levels and everyone is invited to celebrate the full moon with us. When possible this class will be hosted outdoors. Please wear comfortable clothing, bring a yoga mat and blanket.

Instructor: Kip Cronk

Ages: 15 and Up

Class Size: 06 minimum / 15 maximum

Fee: \$15 Resident / \$25 Non-Resident

Location: SCP Gazebo 75765 Avon Belden Rd.

Day	Date	Moon	Time
MON	05.16	Flower	8:00-9:30PM
TUES	06.14	Strawberry	8:00-9:30PM
WED	07.13	Buck	8:00-9:30PM
THUR	08.11	Sturgeon	8:00-9:30PM
SAT	09.10	Harvest	8:00-9:30PM

Gentle Yoga

A calming stress-relieving yoga class designed to stretch and strengthen the body gradually. Emphasis is on building awareness of the body and breathing techniques. Yoga poses are practiced at a slow pace with attention to alignment and detail. Props, such as chairs, straps, and blocks, are used to assist the participant in the yoga postures. Seniors also welcome.

Instructors: Kip Cronk (T) / Diana Jancura (TH)

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Resident / \$60 Non-Resident

Location:

Senior Center (T) / Shady Dr. Batting Cages (TH)

Session	Day	Date	Time
Ses I	TUES	05.10-06.14	5:45-6:45PM
Ses I	THUR	04.21-05.26	9:00-10:00AM
Ses II	THUR	06.09-07.14	9:00-10:00AM

HIIT Yoga

A blend of yoga with HIIT (High Intensity Interval Training), with low-intensity options, is a workout designed for all levels wanting to develop their fitness & yoga practice. HIIT is alternating intervals of high intensity workout with rest (2:1 ratio-40 seconds of HIIT to 20 seconds in a resting pose). The portions of the class are: 5 minutes centering, 10 minutes yoga warm-up flow, 30 minute yoga HIIT, 10 minute cool-down yoga flow & ending with a 5 minute savasana. Receiving the benefits both HIIT (cardio) & Yoga (balance & flexibly) have to offer!

Instructor: Danielle Smith

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Resident / \$60 Non-Resident

Location: Safetyville Building 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	05.16-06.27	6:30-7:30PM
No class on 05.30.2022			
Ses II	MON	07.11-08.15	6:30-7:30PM
Ses III	MON	08.22-10.03	6:30-7:30PM

No class on 09.05.2022

Senior Adult Irish Dance Exercise Class

This class provides a low impact exercise opportunity for seniors. Irish Dance offers many health benefits including but not limited to improving balance, sharpening the memory and strengthening muscles around the joints to assist with arthritis and overall fitness. All are welcome and no experience is necessary. The class will cover various styles of Irish Dance from "old style" to "Irish social dance" and basic traditional Irish step dance. Movements can be modified to accommodate physical abilities and participation can be done from a chair if necessary.

Instructors: Peggy Cannon

Ages: 50 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Resident / \$60 Non-Resident

Location: Safetyville Building 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	MON	05.02-06.13	10:00-11:00AM
Ses II	MON	06.20-08.01	10:00-11:00AM

Sound Bath

Join Becky Hopp from With a Grateful Heart Wellness, as she takes you on a relaxing journey using the highest grade Crystal Alchemy Singing Bowls. This full body relaxation experience will help with stress, tension, sleeplessness, anxiety, depression, grief, physical pain, addiction and more. Based on ancient healing techniques, this occurs through the sound wave vibrations which calm the nervous system and balance the subtle body. Be prepared to leave the session feeling refreshed, radiant, and glowing from the inside out.

Instructor: Becky Hopp

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$20 Resident / \$30 Non-Resident

Location: NR Senior Center 7327 Avon Belden Rd.

Day	Date	Time
FRI	05.06	6:30-7:30PM
FRI	06.03	6:30-7:30PM
FRI	07.01	6:30-7:30PM
FRI	08.05	6:30-7:30PM
FRI	09.02	6:30-7:30PM

Spinning®

When in need of a challenging workout, innovative equipment, or a flat-out fun experience, look to Spinning® and start enjoying the benefits of indoor cycling. This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.

Instructors: Ralph Mlady

Ages: 15 and Up

Class Size: 04 minimum / 12 maximum

Fee: \$50 Resident / \$60 Non-Resident

Location: Shady Dr. Batting Cage 37077 Shady Dr.

Session	Day	Date	Time
Ses I	WED	05.18-06.22	6:30-7:30PM
Ses II	WED	06.29-08.03	6:30-7:30PM
Ses III	WED	08.10-09.14	6:30-7:30PM

Stroller Strong

Is an energetic, total-body workout designed for moms with kids in tow! Each 60-minute workout focuses on strength training, basic cardio, and core restoration, all while entertaining little ones with songs, activities, and fun! The Stroller Strong instructor is skilled to meet you where you are mentally and physically by providing motivation and modifications in a judgment free zone so you get the best workout possible! No mommy guilt here! This class is all about self-care in a supportive and encouraging environment.

Instructor: Danielle Stribula

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Resident / \$60 Non-Resident

Location: Shady Dr. Batting Cage 37077 Shady Dr.

Session	Day	Date	Time
Ses I	WED	05.18-06.22	10:30-11:30AM
Ses II	WED	06.29-08.03	10:30-11:30AM
Ses III	TUES	08.09-09.13	10:00-11:00AM

Tai Chi Balance

Good balance is essential for our daily life activity, and Tai Chi can help improve your balance and confidence at any age. This class focuses on the basic movements of Tai Chi to improve balance, flexibility, and coordination while strengthening muscles of the ankles, knees, hips, and legs. Previous Tai Chi experience is not required.

Instructor: Mary Cordray

Ages: 15 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Resident / \$60 Non-Resident

Location: Safetyville Building 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	04.23-05.28	10:00-11:00AM
Ses II	SAT	06.25-07.30	10:00-11:00AM
Ses III	SAT	08.20-09.24	10:00-11:00AM

Zumba® Fitness

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance-fitness party that's moving millions of people toward joy and health. Class is an hour and offered year-round.

Instructors:

Isa Serra, Brianna Wensink & Michelle Carey

Ages: 15 and Up

Class Size: 04 minimum / 40 maximum

Pre-Registration Fee: \$5 Resident / \$6 Non-Resident

Drop-in Fee: \$6 Resident / \$7 Non-Resident

Location: Shady Dr. Batting Cage 37077 Shady Dr.

Session	Day	Date	Time
Ses I	TUES	05.03-05.31	6:30-7:30PM
Ses II	TUES	06.07-06.28	6:30-7:30PM
Ses III	TUES	07.05-07.26	6:30-7:30PM
Ses IV	TUES	08.02-08.30	6:30-7:30PM
Ses I	THUR	05.05-05.26	6:30-7:30PM
Ses II	THUR	06.02-06.30	6:30-7:30PM
Ses III	THUR	07.07-07.28	6:30-7:30PM
Ses IV	THUR	08.04-08.25	6:30-7:30PM

Summer Solstice Restorative Sound Bath

Join us for a 90 minute relaxation journey! The journey will include 60 minutes of gentle, restorative yoga taught by Kip. In addition Becky will provide the wonderful sound and vibrations of crystal bowls to aid in your experience. The combination of yoga and crystal bowls will lead you into a deep state of peaceful relaxation. Bring a yoga mat, comfortable clothing and/or your favorite blanket and pillow.

Instructors: Kip Cronk & Becky Hopp

Ages: 15 and Up

Class Size: 04 minimum / 20 maximum

Fee: \$25 Resident / \$30 Non-Resident

Location: Shady Dr. Batting Cage 37077 Shady Dr.

Day	Date	Time
MON	06.20	6:30-8:00PM

Teen & Adult Irish Dance Class

Irish Dance is for everyone. This class provides a great aerobic workout as members learn the basics of Traditional Irish Step Dance. All are welcome and no experience is necessary. The class will cover various styles of Irish Dance from "old style" to "Irish social dance" and basic traditional Irish step dance. Dancers will benefit from the many wonderful health benefits of Irish Dance.

Instructors: Peggy Cannon

Ages: 13 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$50 Resident / \$60 Non-Resident

Location: Safetyville Building 35753 Bainbridge Rd.

Session	Day	Date	Time
Ses I	SAT	05.07-05.28	2:00-3:00PM
Ses II	SAT	06.04-06.25	2:00-3:00PM
Ses III	SAT	07.02-07.23	2:00-3:00PM
Ses IV	SAT	09.24-10.15	2:00-3:00PM

Walking With Sole

All members of the community are welcome! Combines a casual 30-minute walk, preceded by a brief informative talk by local health professionals and city officials. Consider coming to stay active and promote physical fitness, allowing yourself to physically and mentally recharge. Program is free to attend with no pre-registration needed. In case of inclement weather walks will be canceled for the evening.

Cancellations will be posted on our website, department Facebook® page and Rainout Line (440)-210-6226. Program will run for 12 consecutive Thursdays.

Ages: Open To All Ages

Fee: FREE to the general public

Location: Pav. 1 S. Central Park 7565 Avon Belden Rd.

Day	Date	Time
THUR	06.09-08.25	6:00-7:00PM

Adult Ed

Body pH Simplified: Alkaline or Acidic

Maintaining proper body pH can positively affect your digestive, intestinal, circulatory, respiratory and immune systems. A pH-balanced environment maintains proper metabolic functions. You will have the ability to check the pH of your stomach in class. A list of acidic and alkaline foods will be included

Instructor: Dr. Carolyn Smilor, ND

Ages: 18 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$35 Resident / Non-Resident

Location: Council Chambers 7307 Avon Belden Rd.

Day	Date	Time
THUR	06.02	6:00-8:00PM

A Holistic Approach

For Cancer Support and Prevention

Discover how to keep your biological terrain in a healthy state, or shift back to a healthy state for recovery from cancer.

Instructor: Dr. Carolyn Smilor, ND

Ages: 18 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$35 Resident / Non-Resident

Location: Community Cabin 35717 Bainbridge Rd.

Day	Date	Time
MON	07.11	6:00-8:00PM

How To Overcome Depression Naturally

Learn how to shine a positive light on depression by applying self-care techniques with herbal and nutritional support.

Instructor: Dr. Carolyn Smilor, ND

Ages: 18 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$35 Resident / Non-Resident

Location: Community Cabin 35717 Bainbridge Rd.

Day	Date	Time
WED	07.27	6:00-8:00PM

Boost Your Immune System

With Nutrition and Herbal Support

Investigate tools to keep your immune system up for the challenge. Being exposed to illness doesn't have to mean you get sick.

Instructor: Dr. Carolyn Smilor, ND

Ages: 18 and Up

Class Size: 04 minimum / 15 maximum

Fee: \$35 Resident / Non-Resident

Location: Community Cabin 35717 Bainbridge Rd.

Day	Date	Time
MON	08.08	6:00-8:00PM

Nuts & Bolts of Trusts

Trusts can be one of the most useful and cost-effective legal tools to help people maintain control over their assets during good health, illness and at death – without court costs or delays. Unfortunately, most people, including financial advisors, only think of trust in terms of saving estate taxes.

This workshop gives an overview of how trusts work, the pros and cons and costs, when to consider using trusts and what should be included in the trust provision.

Instructor: Candace M. Pollock

Ages: 18 and Up

Class Size: 04 minimum / 25 maximum

Fee: \$25 Resident / Non-Resident

Location: Council Chambers 7307 Avon Belden Rd.

Day	Date	Time
MON	07.11	6:30-8:00PM

Caregiver Children And Their Elder Parents

Longer life spans mean that, statistically, adult children will spend as much time caring for aging parents as they do for their own children. They both face many challenges as they deal with the emotional, financial and legal aspects of long-term care decisions.

These decisions straddle several different arenas that have competing rules and families can face unnecessary emotional and financial costs when they make the "wrong" decision because they did not understand their options. This workshop provides an overview of the factors families should consider for the care and safety of their parent and their assets while protecting the child from parental debts.

It covers the essential directives families should have in place to ensure agents are authorized to act for the parent and addresses Medicare and Medicaid rules, care management, guardianship and other factors that can arise when a parent declines mentally or physically.

Instructor: Candace M. Pollock

Ages: 18 and Up

Class Size: 04 minimum / 25 maximum

Fee: \$25 Resident / Non-Resident

Location: Council Chambers 7307 Avon Belden Rd.

Day	Date	Time
MON	07.25	6:30-8:00PM



How To Avoid Nursing Home Poverty

Much attention is given to estate taxes as a threat to what can be passed on to beneficiaries and, over the last several years, most families are less concerned about estate taxes due to the higher exemptions on federal estate taxes.

What many families fail to see is that, with average annual costs between \$60,000 to \$75,000, long term care costs have always been a larger threat to their lifetime security and to the estate they leave for beneficiaries at death. These costs will increase over time as the cost of care increases with inflation. Few families can cover such costs out of disposable income and resources.

This workshop covers the main methods of covering long term care costs, the strategies to maximize private and public resources and the directives every family should have in place to make sure they can act if a disability or death should strike.

Instructor: Candace M. Pollock

Ages: 18 and Up

Class Size: 04 minimum / 25 maximum

Fee: \$25 Resident / Non-Resident

Location: Council Chambers 7307 Avon Belden Rd.

Day	Date	Time
MON	08.08	6:30-8:00PM

Top 10 Estate-Planning Mistakes

Most people don't think they need an "estate plan" because their situation is simple or their assets are modest. But the fact is that everyone *has* an estate plan whether they know it or not and regardless of whether their assets are generous or modest. Estate planning occurs every time you name a beneficiary on a retirement account, open a bank account or even when you fail to prepare formal legal directives.

This course will cover the 10 common planning mistakes that can put you and loved ones in jeopardy and increase expenses during a crisis and at death. Attendees will leave with an understanding of the core directives essential in every plan as well as how to avoid planning gaps and conflicts to maintain maximum control at minimum cost.

Instructor: Candace M. Pollock

Ages: 18 and Up

Class Size: 04 minimum / 25 maximum

Fee: \$25 Resident / Non-Resident

Location: Council Chambers 7307 Avon Belden Rd.

Day	Date	Time
MON	08.22	6:30-8:00PM



Thank You, Parks & Recreation Sponsors

NRPRD recognizes sponsors for helping to keep recreation programs going. NRPRD, provider of numerous recreational and community activities in North Ridgeville, wants to thank the more than 40 businesses that sponsor our recreation programs and teams.

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Touch-A-Truck

Sponsored By:

Legacy Roofing & Keller Williams Citywide

Get up close and personal with all kinds of big trucks! This unique event encourages children (and adults!) to touch vehicles, ask questions and even climb inside to take in the view from the driver's seat. For the first time, North Ridgeville Parks and Recreation is hosting a sensory friendly version of the popular event.

The first hour of this event we will be sensory friendly. Climb in and check out your favorite trucks & emergency vehicles without the lights, sirens and horns! Organized for children that are sensitive and people with Autism Spectrum Disorder in mind. This way, everyone can enjoy the cool diggers, dumpers, and emergency vehicles without upsetting lights and noises. **For more information please contact Melissa Shirley.**

Ages: 2-10 years old

Fee: FREE to the general public

Location: Shady Drive Complex 37077 Shady Dr.

Day	Date	Time
SAT	06.05	10:00AM-2:00PM
*10:00AM-NOON Sensory Friendly		

Summer Concert Series

Sponsored By:

JBC Technologies, Legacy Roofing & NR Cornfest

On Sunday evenings sweet sounds of music and friendly greetings fill the air at the South Central Park Gazebo with the City of North Ridgeville Summer Concert Series. The FREE concerts have a variety of performers appropriate for all age groups. All are invited to bring a lawn chair or blanket and enjoy this traditional summer pastime.

We will try to get in as many concerts as possible, but sometimes the weather doesn't cooperate. For concert updates during the season you can visit our Rainout Line tab on our website.

Fee: FREE to the general public

Location: S. Central Park Gazebo 7565 Avon Belden Rd.

Day	Date	Band	Time
SUN	06.26	Disco Inferno (70's)	5:00-8:00PM
SUN	07.10	Jul Big Green (Pop/Rock)	6:00-8:00PM
SUN	07.24	Rubix Cubed (80's)	6:00-8:00PM

Food Truck Wars

Sponsored By: NR Cornfest

Bring your appetite to NRPRD Food Truck Wars and enjoy a variety of delicious foods from local food truck vendors. Along with tasty eats, this epic event features live music. Come chow down on food truck fare and have fun with the family! All food truck applications must be received by May 31, 2022 to be considered. **Contact Melissa Shirley for more information.**

Ages: Open to all ages

Fee: FREE to attend, food available for purchase

Location: Shady Drive Complex 37077 Shady Dr.

Day	Date	Time
SAT	07.09	NOON-6:00PM

Special Events

Fishing Derby

Sponsored By: NRPRD & NRFD

Can you tell fish stories? Want bragging rights for a year? Then come join us for a fun-filled morning of fishing. Bring your own bait & fishing rod, if you don't have one we will provide one. **For more info please contact Richard Brown.**

Ages: 3-18 year olds

Fee: FREE

\$5 donation for Aluminum Cans for Burned Children

Location: South Central Park 7565 Avon Belden Rd

Day	Date	Time
SAT	05.07	7:30AM-NOON

Lorain County Beautiful Day

A great opportunity to play an active role in improving our community and parks. Residents are encouraged to clean up, fix up, paint & spruce up our community. **Interested organizations & individuals should contact Kevin Fougousse.**

Day	Date	Time
SAT	05.21	9:00AM-NOON